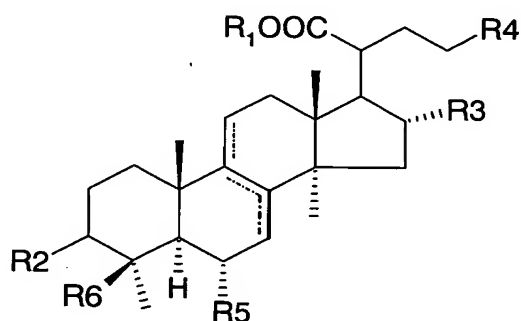


WHAT IS CLAIMED IS:

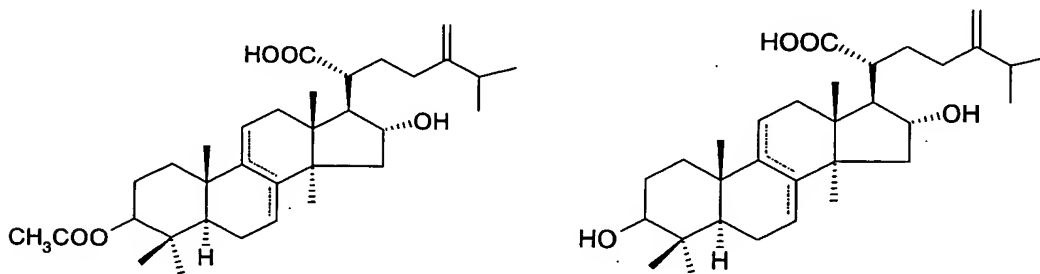
1. A pharmaceutical composition capable of enhancing immunity of a mammal comprising a therapeutically effective amount of lanostane having the following chemical formula (I) as an active ingredient, in admixture of a pharmaceutically acceptable carrier or diluent for the active ingredient:

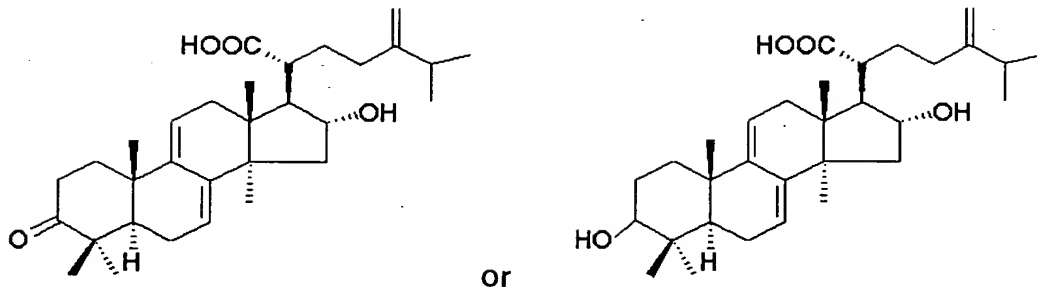


(I)

wherein  $R_1$  is either H or  $CH_3$ ;  $R_2$  is  $OCOCH_3$ ,  $C=O$  or  $OH$ ;  $R_3$  is H or  $OH$ ;  $R_4$  is  $-C(=CH_2)-C(CH_3)_2R_a$ , wherein  $R_a$  is H or  $OH$ , or  $-CH=C(CH_3)-R_b$ , wherein  $R_b$  is  $CH_3$  or  $CH_2OH$ ;  $R_5$  is H or  $OH$ ; and  $R_6$  is  $CH_3$  or  $CH_2OH$ .

2. The pharmaceutical composition according to claim 1, wherein the lanostane (I) is





3. The pharmaceutical composition according to claim 1 comprising 0.1-60% of the lanostane (I) by weight of the composition.

4. The pharmaceutical composition according to claim 1, which is orally administered.

5. The pharmaceutical composition according to claim 1, wherein said mammal is a human.

6. A *Poria* extract capable of enhancing immunity of a mammal comprising 5-60% of a lanostane (I) as defined in claim 1 by weight of the extract, and being substantially devoid of secolanostane.

7. The *Poria* extract according to claim 6, which is prepared by a method comprising the following steps:

a) extracting metabolites, fermentation products or sclerotium of *Poria cocos* (Schw) Wolf by water, methanol, ethanol, or a mixed solvent thereof;

b) concentrating the resulting liquid extract from step a);

c) introducing the resulting concentrated substance from step b)

1 into a silica gel column;

2 d) eluting the silica gel column with an eluent having a low  
3 polarity, and collecting the resulting eluate;

4 e) concentrating the eluate to form a concentrated eluate.  
5

6 8. The *Poria* extract according to claim 7, wherein the  
7 concentrated eluate from step e) has a chromatographic value,  $R_f$ , not  
8 less than 0.1 in accordance with a thin layer chromatography, which is  
9 developed by a mixed solvent of dichloromethane : methanol = 96:4 and is  
10 detected by an ultraviolet lamp and iodine vapor.  
11

12 9. The *Poria* extract according to claim 7, wherein the extraction  
13 in step a) is carried out by using 95% ethanol.  
14

15 10. The *Poria* extract according to claim 7, wherein the  
16 concentrated substance resulted from step b) is further extracted with a  
17 two-phase solvent containing methanol and n-hexane in a volumetric ratio  
18 of 1:1, a methanol layer is separated from the two-phase solvent  
19 extraction mixture, and the methanol layer is concentrated to form a  
20 concentrate, which is used as a feed to the silica gel column in step c).  
21

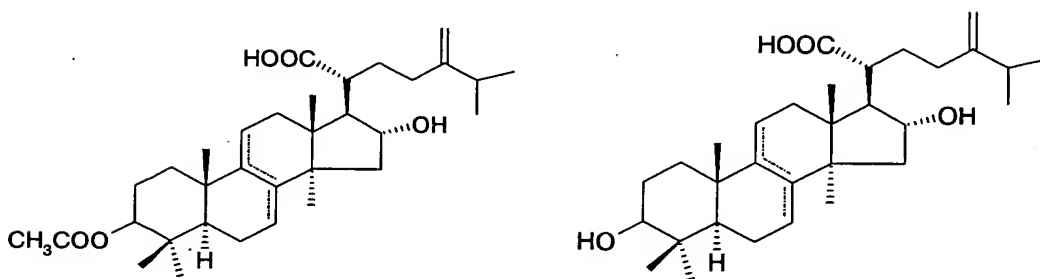
22 11. The *Poria* extract according to claim 7, wherein the low  
23 polarity eluent is a mixed solvent containing dichloromethane and  
24 methanol in a volumetric ratio of 96.5:3.5.  
25

26 12. The *Poria* extract according to claim 6 comprising 10-20% of

1 the lanostane (I).

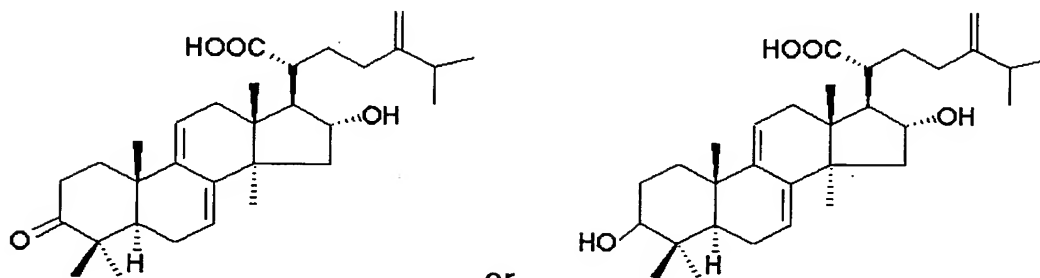
2

3 13. The *Poria* extract according to claim 6, wherein the lanostane  
4 (I) is



5

6



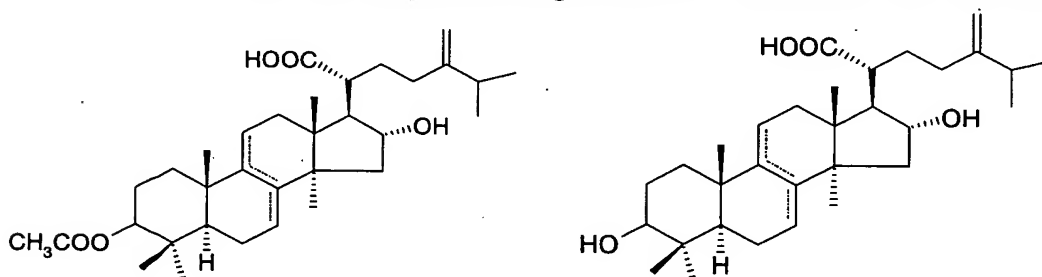
7

8

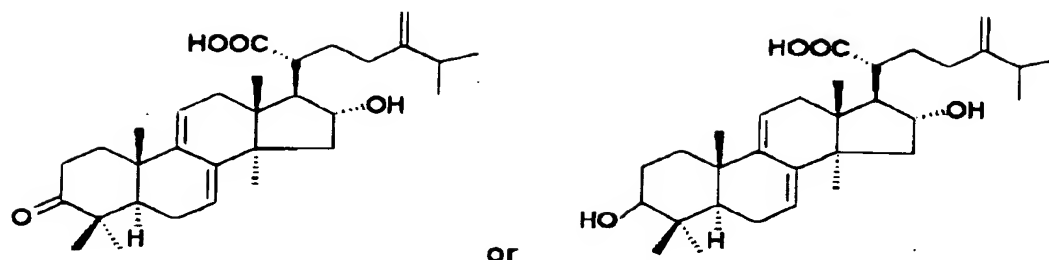
9 14. A method of enhancing immunity of an individual comprising  
10 administering to the individual a therapeutically effective amount of the  
11 lanostane (I) as defined in claim 1.

12

13 15. The method according to claim 1, wherein the lanostane (I) is



14



16. A method of enhancing immunity of an individual comprising administering to the individual a therapeutically effective amount of the *Poria* extract as claimed in claim 6.

17. A method of enhancing immunity of an individual comprising administering to the individual a therapeutically effective amount of the *Poria* extract as claimed in claim 7.

18. A method of enhancing immunity of an individual comprising administering to the individual a therapeutically effective amount of the *Poria* extract as claimed in claim 8.

19. A method of enhancing immunity of an individual comprising administering to the individual a therapeutically effective amount of the *Poria* extract as claimed in claim 9.

20. A method of enhancing immunity of an individual comprising administering to the individual a therapeutically effective amount of the *Poria* extract as claimed in claim 10.

1

2           **21. A method of enhancing immunity of an individual comprising**  
3   **administering to the individual a therapeutically effective amount of th**  
4   ***Poria* extract as claimed in claim 11.**

5

6           **22. A method of enhancing immunity of an individual comprising**  
7   **administering to the individual a therapeutically effective amount of th**  
8   ***Poria* extract as claimed in claim 12.**

9

10           **23. A method of enhancing immunity of an individual comprising**  
11   **administering to the individual a therapeutically effective amount of the**  
12   ***Poria* extract as claimed in claim 13.**